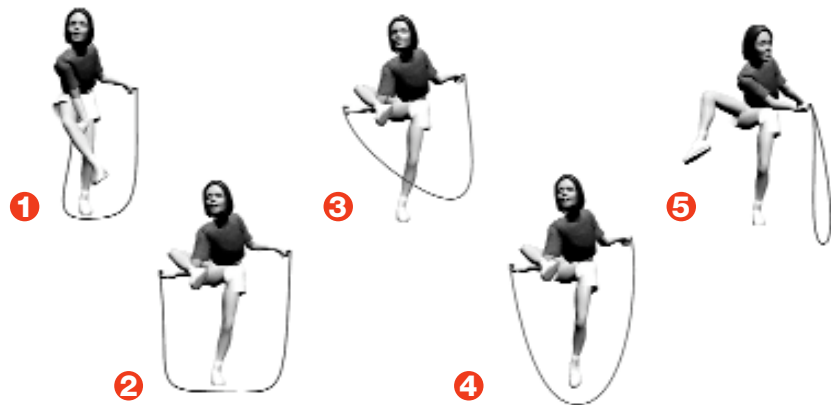


55 Leg Over

Prerequisite: none

cues: *leg over and jump • side swing away*

1. With the rope in front, practice proper body position by putting your right hand between your knees and then behind your right knee.
2. Raise your right leg and extend your right arm under your right leg out to the right side until your elbow is under your knee. Rotate your wrists. This is just further practice in body positioning.
3. Start with the rope behind your feet. Swing the rope over into the Leg Over position (Step 2) but don't jump.
4. Repeat Step 3. Jump one time as the rope comes down toward your feet and your arm goes under your leg. Rotate your wrists to bring the rope under your feet and back up overhead.
5. Repeat Step 4. As the rope comes down from overhead, pull both hands down and away into a left side swing to exit.



tips:

At first, practice the steps without jumping. • Practice each step several times before moving on to the next. • Extend your arm under your leg as far as possible. • Hold the rope handles in the extended position. (They must extend beyond the sides of your body.) • Turn the rope slowly. • Point the toe of your raised leg down toward the ground. • Bring your knee up to your chest. (Don't lean forward, bringing your chest down to the knee.) • Don't begin jumping until you've learned the skill. • Until you've mastered the skill, jump only once in the Leg Over position, then exit with a side swing. • Also practice to the left side.